

LAPORAN PENELITIAN

**PERANCANGAN PROGRAM LATIHAN FISIK BAGI PENDERITA ARTHRITIS
(RADANG SENDI)**

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Abstrak

Penelitian ini bertujuan untuk menghasilkan rancangan program latihan yang aman, tepat sasaran, dan enak dilakukan oleh penderita arthritis. Rancangan program latihan tersebut terdiri atas latihan jangkauan gerak sendi, latihan penguatan otot, latihan peregangan, dan latihan aerobik. Penelitian ini dilatarbelakangi oleh kenyataan bahwa latihan fisik merupakan pisau bermata dua bagi penderita arthritis. Apabila latihan fisik dilakukan secara berlebihan dan sembarangan justru akan menjadi pemicu serangan, sedangkan apabila dilakukan dengan tepat baik macam, intensitas, maupun durasinya, akan menjadi bagian penting dari pengelolaan penyakitnya.

Pendekatan uji klinik (clinical trial) fase I digunakan untuk mengkaji gerakan yang aman, tepat sasaran, dan enak dilakukan oleh penderita arthritis. Berbagai gerakan yang dianjurkan oleh beberapa pustaka diujicobakan pada tujuh penderita serta, dan dipilih gerakan yang aman, tepat sasaran, dan enak dilakukan oleh penderita serta. Indikator klinik yang digunakan ialah rasa nyeri yang timbul karena gerakan, kesulitan gerak, dan timbulnya bengkak atau tanda radang yang lain. Setelah ditemukan gerakan yang aman dan tepat sasaran, kemudian dilakukan penyusunan gerakan beserta penentuan intensitasnya. Gerakan yang tersusun ini selanjutnya disebut “Senam Arthritis.”

Beberapa hal yang ditemukan seiring dengan tersusunnya senam arthritis ini: 1) Kesiapan gerak pada otot dan sendi penderita arthritis sangat rendah, sehingga perlu dilakukan tepukan seluruh tubuh sebelum memulai latihan; 2) Latihan jangkauan gerak sendi harus dilakukan secara bertahap sampai hitungan ketiga; 3) Latihan peregangan lebih enak dilakukan setelah latihan penguatan otot; 4) Irama yang dianggap enak adalah 100 pukulan per menit.

Kata kunci: program latihan fisik, arthritis

A RESEARCH REPORT

**DESIGNING PHYSICAL EXERCISE PROGRAM FOR ARTHRITIS PATIENTS
(INFLAMMATORY ON JOINTS)**

By:

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Abstract

This research is aimed at designing exercise program which is safe, on target, and comfortable for the patients of arthritis. The design of the exercise program consists of joint range motion exercise, muscle strengthening exercise, stretching exercise, and aerobic exercise. The background of this research is the fact that physical exercise is a double-edged knife for arthritis patients. If physical exercise is done in excess and unsystematic, it would trigger attack, while if it is done properly whether its type, intensity, and duration, it will be an important step in managing the disease.

Clinical trial approach of phase I was used to study safe, effective, and comfortable movement for arthritis patients. Various movements advocated by some literatures were tested on seven patients, and the researcher selected the safe, on target, and comfortable movements for the patients. The clinic indicator used was pain that was caused by the movements, difficulty in movements, and the occurrence of swelling or other inflammation signs. Having found the safe and on target movements, the researcher then arranged the movements and determined their intensity. Movements which were composed hereinafter was called "Arthritis Exercise."

Some aspects which were found along with designing arthritis exercises were: 1) Readiness of motion in muscles and joints of arthritis patients was very low, so their body needed to be tapped before starting the exercise, 2) joint motion range exercise should be done gradually until the count of three; 3) Stretching exercise was better performed after muscle strengthening exercise; 4) rhythm which was considered as comfortable was 100 strokes per minute.

Keywords: physical exercise program, arthritis